

Wear a Bicycle Helmet

Effective January 1, 2006 bike helmets are REQUIRED for those under 16 riding bicycles on public ways.



Ways to Get Children to Wear a Bicycle Helmet

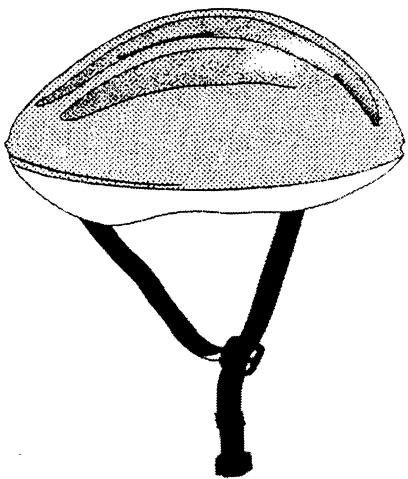
- * Tell them why it is important to protect their heads.
- * Always have them wear it.
- * Have them wear a helmet the first time they ride a bicycle.
- * Let your child pick it out.
- * Wear a helmet yourself.
- * Encourage others to wear a bicycle helmet.
- * Explain that bicycles are not toys, but a first vehicle.

For more information contact:
Injury Prevention Center
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Lebanon, NH 03756-0001(603) 653-1135
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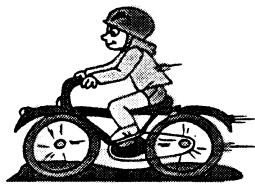
Developed by:
Injury Prevention Center at CHaD
NH Dept. of Health and Human Services

Rev. 1/06



Protect Your Head From Injury

A fall can happen to even the most careful person. Nobody expects to have a collision. Scrapes, bruises, cuts, and broken bones all heal. Head injuries can cause permanent brain damage or even death. Wear a bicycle helmet and be ready for the unexpected.



Good Reasons to Wear a Bicycle Helmet

You are 14 times more likely to survive a bike crash if you are wearing a helmet.

Head injury is involved in 75% of all bicycle crashes.

Head injury is the leading cause of death and disability in bicycle crashes.

Helmets absorb crash energy, preventing many injuries and deaths.

Choosing a Bicycle Helmet

Buy a helmet that meets or exceeds current safety standards developed by the U.S. Consumer Product Safety Commission. Look for stickers confirming approval by SNELL (Snell Memorial Foundation), ASTM (American Society for Testing & Measurement) and/or CPSC (Consumer Product Safety Commission).

Helmet Replacement

Any helmet that has been involved in a crash should be replaced. Once the styrofoam liner has been crushed, it no longer absorbs shock in an impact.

Correct fit is essential

Start by choosing the correct size helmet. Helmets should be comfortable and snug, but not too tight. They shouldn't rock back and forth or side to side.

Adjusting the Side Straps

Straps should be snug against the side of the head, forming a "V" in front of and behind the ears.

Adjust the Buckle Strap

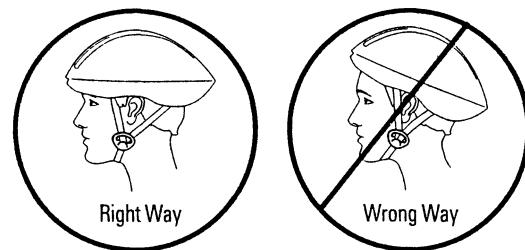
The buckle strap should be snug beneath the chin, but not to the point that it causes discomfort. You should feel the strap against your skin, but be able to slide a finger under it.

Select The Right Sizing Pads

Size your helmet to your head using the right combination of foam sizing pads. Cange and locate them as needed to make it snug without being uncomfortable. To test the fit, shake your helmeted head from side to side. When the pads are properly placed, the helmet will stay in place.

Position The Helmet Correctly

A common mistake is to wear the helmet tipped too far back. It should be level front to rear and side to side. Be sure your helmet is properly positioned, look in a mirror with your head slightly turned or have someone look at you with your helmet on.



Double-Check The Fit Before Every Ride

Double-check the adjustment of your straps every time you wear your helmet. Straps can loosen between use and may need to be readjusted.